

# Flow state results

[Psychology](#)



Flow results affiliation The two alternative hypothesis were: when using a flow-inducing video people will become more creative and female are more creative than men. Focusing on the major hypothesis that is, when using a flow-inducing video people will become more creative. To test this hypothesis, I carried an experiment by asking individuals to fill out a creative reasoning tests before and after the video. There will be two groups, the first group of individuals will watch a flow inducing video, whereas the second group will watch a neutral video. A further hypothesis will be tested, which is that females will tend to be better on creative tasks after the flow inducing video compared to men. (Csikszentmihalyi, 1996).

The method used on this experiment entailed the following steps; the subject included 140 students -male = 70 and female= 70. the students were normal and therefore incidences visual impairment or dyslexic were ruled out to avoid biased results. The students were randomly chosen from one of the university in south wales and aged between 18-64 years. The participants were also from different diverse ethnicity though having same western culture.

Students in the ' flow inducing' sample watched the play station game ' flower'. For the control group they watched a neutral video on wild life. Creativity was measured by conducting the Guildford AUT. The sample was requested to list dissimilar possible uses out of 2 of the 6 household items, options included shoe, paper clip, newspaper, button and key. Participants answered (AUT) and (VRT) questions before and after the video. Their responses were collected and a flow state scale was administered in the form of a five point Likert scale. The response was evaluated on the degree of agreeing or disagreeing to the five query. (Csikszentmihalyi, 1996).

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The research results shows the validity of hypothesis. The tabulated statistical mean and standard deviation of the flow state was 25. 3357 and 5. 49114 percent respectively. However, the alternative use that is calculated mean and standard deviation was 32. 1714 and 13. 33516 respectively. Correlation factors calculated through Pearson correlation regarding the flow state was 1 whereas that of au-total was -0. 151. The Pearson correlation factor for the two determinant of creativity applied in the test clearly shows that the females that were engaged in the research showed an enhanced creativity relative to the male gender of the. The use of such a video therefore impacts more flow state on females than males. The experiment, state flow indeed persuades creativity in both genders. Nevertheless, the degree of creativity induction in females is higher than that of males, hence a more comprehensive creativity in female gender. (Csikszentmihalyi, 1996).

## References

Csikszentmihalyi, M. (1996). Creativity. New York: HarperCollinsPublishers.